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MAY 2020 | VOLUME 12 | ISSUE 5

YOUR DONATION BENEFITS THE VENDORS.
PLEASE BUY ONLY FROM BADGED VENDORS.

Shopping local during a global pandemic. **Page 11**

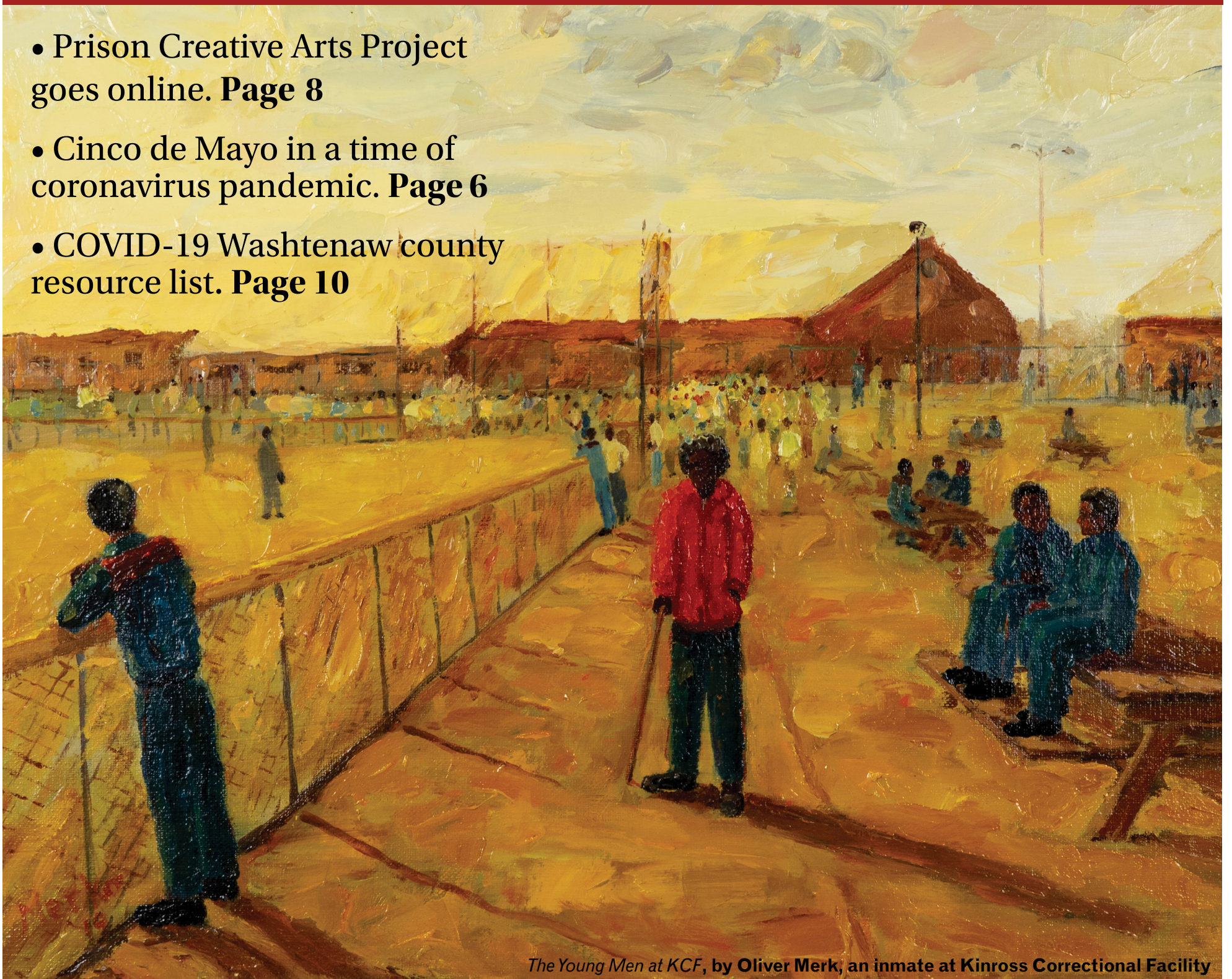


MEET YOUR
VENDOR:
**LASHAWN
COURTWRIGHT,**
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GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.

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The Young Men at KCF, by Oliver Merk, an inmate at Kinross Correctional Facility

Heartwarming response from you, volunteers and community

As difficult a time as this has been for everyone, the COVID-19 crisis has also drawn out a deep commitment to connecting with and taking care of others. We have seen this manifest within the homeless community as the County worked with MISSION and the Washtenaw Housing Alliance agencies to expand capacity so those without homes could be sheltered in places with appropriate social distancing and facilities. It wasn't perfect — it took many weeks to accomplish, and some people still fell through the cracks — but many people put themselves at risk (especially at the Del-onis Center), worked overtime and realigned resources to make an enormous improvement.

We at Groundcover News bought back our vendors' newspapers in response to the March 16, 2020 Stay-at-Home order. Knowing that our vendors now had no source of income and little if any savings, and that many did not have stable locations or means of communication, we immediately set out to address those issues. We appealed for funds and extra phones so we



SUSAN BECKETT
Publisher

could get working phones to vendors. That enabled us to check on them, help with electronic filings and get them necessary supplies. The donations and online subscriptions allow us to set up phone plans, pay for rent and utilities, and disperse cash to vendors to meet personal needs.

The Community Action Network food pantry graciously supplies us with customized bags of healthy food for our vendors each week. The Ann Arbor Distillery gives us large bottles of hand sanitizer. Groundcover volunteers and vendors meet once a week in the parking lot of Bethlehem United Church of Christ to help with technology issues, refill hand sanitizer bottles, dispense masks and

gloves, meet up with folks who have new needs and give out groceries and money. Young volunteers meet us there and pick up groceries, money and other items for the vendors we can deliver to, rather than having them risk personal exposure coming to us, especially on the bus.

Volunteers are helping vendors file tax returns and apply for unemployment, too. Unfortunately, their checks will be among the last to arrive since so many lack bank accounts, experience in filing and access to equipment like document scanners.

The unexpected donations and offers of assistance have been especially touching. An intern from a prior year made us dozens of reusable masks. The Bethlehem pastors regularly ask what else they can do to help us. Countless friends of the vendors and volunteers have asked how folks are doing and how they can help most effectively.

Thank you all for being part of the fabric of this community that cares so deeply for the welfare of all!

LETTERS

It was a pleasure being able to talk to Will Shakespeare this week at the PFC. I recently finished reading his article, "Black History Month 2020: The African American Vote." I really enjoyed hearing his ideas and learning about historical events that have led up to where we are today. The writing was very insightful and informative. I believe we can agree that in upcoming elections, the Black vote will have an increasingly greater influence on the direction of the country.

Christine Gu



Privilege of recognizing and actualizing our blessings

SUSAN BECKETT

"Privilege" is referenced often these days and I frequently roll my eyes (at least inwardly), but I'm recognizing my privileged responsibility to slow the spread of COVID-19. I'm not a frontline health, safety, grocery or pharmacy worker who has to keep

working. I have a very comfortable home with numerous amenities and sources of entertainment. I can isolate and leave those emergency room facilities for those who need to be out there and are unfortunate enough to get seriously ill.

My guess is that I will eventually be exposed and likely catch the

coronavirus. The object is to do it at a time when there isn't intense competition for hospital beds and when treatments are available. It is about showing the same care for our community that we show for our families.

If you are going stir crazy, write or call old friends and family members you've kind of lost touch with, or use

technology to set up a virtual family reunion. If this goes on long enough, I'll likely start playing guitar again. There are many opportunities for silver linings — including reaching out to help others — for those of us who don't have to worry about paying bills. It is our privilege to take them.

GROUNDCOVER

Mission

Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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MEET YOUR VENDOR



LaShawn Courtwright,
vendor No. 56

In one sentence, who are you?

An author and a person who is determined to rise above poverty!

Where do you normally sell Groundcover?

At the Ann Arbor post office across from Cloverleaf Restaurant.

When and why did you start selling Groundcover?

June 2011. I've always written since I was 10 years old and I wanted to be published. I've reached my goal to become an author, too. My book is *The Fold—a Collection of Poetry*.

What's your favorite thing about selling Groundcover?

Meeting people who allow me to grow outside of my own knowledge and perspectives.

What is a typical day like for you or something our readers should know about you?

I can't take the cold as I could before. My fingers freeze quickly. I like to sell more in the spring and summer and early autumn as the weather is 50 degrees or above.

What is the most interesting thing that's ever happened to you while selling Groundcover?

I've met people who accept me.

What change would you like to see in Washtenaw County?

Treat people better, with more respect and not judge by outward appearances.

Is there anything else you'd like folks to know about you?

I am not one who will tolerate disrespect. I will not react to ignorance. I do speak my voice at times, and there are times to just be silent. Silence can be golden.

Excerpt from *The Royal Road: The Love variable from the New Reality Equation*

KEVIN SPANGLER
Groundcover vendor No. 310

Essence of Love

Ultimate wonder and respect for all of life, including first the self, all other humans, nature, nonmaterial things, technology, etc. with emphasis on forgiveness and limitless possibility that exists within each moment. For the purpose of beautiful forward movement.

Love is an essential component when we are shifting our reality.

We should treat ourselves in the highest way, even if no one else is around. Especially then. Every moment is a royal exchange with the universe. We can attend to it as if it is the most phenomenal scene in existence.

The spiritual leader Siddhartha Gautama presented a road with eight folds: right view, right resolve, right speech, right conduct, right livelihood, right effort, right mindfulness, and right samadhi (meditative absorption or union).

Apply this to life itself.

The Buddhist Eightfold Path

1 Right view. How do you see yourself?

2 Right resolve. How do you treat yourself? How do you treat your choices?

3 Right speech. How do you speak to yourself on the inside? How do you speak to others on the outside?

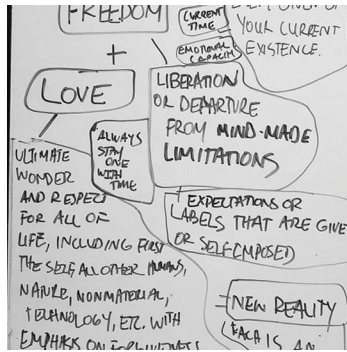
4 Right conduct. How do you behave? How do you act when no one is looking?

5 Right livelihood. How do you live? How do you prepare for the future? How do you forgive the past?

6 Right effort. How much energy do you exert? How motivated are you? Where is your motivation coming from? How much do you believe you can do in one lifetime?

7 Right mindfulness. Can you sit with yourself? Do you run from your own thoughts; do you attempt to outrun your own shadow? Can you be still? Are you free? Are you on course?

8 Right concentration/union. Are you in harmony with life? With the moment? With others? With yourself?



Love, in its many forms, figures prominently in the equation for a new reality, as described in *The Royal Road*.

Casimir Lugo touched many in his brief but painful life

SUSAN BECKETT
Publisher

Casimir Lugo was a gentle man with a willing and hurting heart. It appears that 46 years on this earth was all he could handle. A few years ago, when he was an active vendor for Groundcover News, I watched him help a family heal and care for their toddler like the child was his own. Contributing to others was what fulfilled him. We were all sorry to lose him in April, 2020.

Memories from Joe Woods

I met Cash in 2007 or 2008 in North Wilkesboro, N.C. in the yard. On the strength that he

was from Michigan also, we immediately clicked. When I moved back here, he also moved back. Now that was weird. Cash had his issues as everyone does. Despite how a person may have perceived him, Cash had a great heart and would literally give a person his all.

A lot of people don't know Cash was hurting on the inside and I think that's why he drank and got high — to escape the pain. Lots of people do it. I did it. But Cash was really a cool dude, always laughing and joking dreaming and wanting to do good. Of course, when you drink and get high, you're going to transform into someone else — you're going to



Casimir passed away in April at age 46.

change.

I'm going to remember Cash laughing and joking. Anybody that really knew Cash knows that he was solid. I know I'm going to miss hearing, "What's up, J-Rock?" — but it's deep in my heart, Dog. You'll forever be remembered.

Rehabilitating his own life, coaching others

SUSAN BECKETT

"I don't care what you go through, you can get through it. You just have to get up off your behind," said Tony Adams, explaining his philosophy on a life that has dealt him plenty of lemons. Now a fitness and life coach, he has survived neglect, abuse, divorce and homelessness.

Adams' story begins in Chicago where he lived with his mother and sometimes his father. "I was five when I saw someone killed. Afterward, I had nightmares and acted out."

His mom was unavailable emotionally and often physically, too. About a year after the shooting, he went to the home of his older brother's baby's mama to be babysat.

"She asked if I wanted a popsicle," Adams said, and of course he said yes. "Then she told me to come in the bathroom, which I did. She was lying on the floor with her skirt at her waist. She said to me, 'Lay down. All you got to do is lick.' When I hesitated, she told me I wouldn't get a popsicle if I didn't and then hit me with a scrub brush until I performed."

The acting out worsened. Adams recalls jumping on a train on his own when he was seven to get to his grandma's. There were gangs in all the playgrounds near where he lived, so his mother moved to Saginaw with her young children.

"It was like jumping from the

skillet into the fire," according to Adams. "It wasn't long before she gave up me and my brother and sister. I was raised in foster care."

Adam's father popped in occasionally to visit but Adams was separated from his family until he was reunited with his siblings when he was 11 or 12, taken in by the same family that had them. He did alright in school academically but had behavioral issues, many of which were related to family abuse.

"It took me a long time to forgive my mother and stop blaming the system," Adams said.

At the age of 18, Adams moved to Ann Arbor to attend Washtenaw Community College. Looking back, he sees he wasn't ready. He followed the wrong crowd and ended up in prison. He attended Delta College in Saginaw and married when he got out, but that ended in divorce which again destabilized him, four credits shy of a degree in Personal Training.

He returned to Ann Arbor in the fall of 2019 for a construction job and a new beginning. He and a partner formed Anywhere Fitness to help people overcome physical and mental challenges. Adams invested his extra income into the business, making exercise videos for his YouTube channel "AWF Anywhere Fitness." He was laid off from the construction job after a month and a half and fell behind on the rent for the apartment he shared with his partner who had been in an accident, and his



Tony Adams, left, and his friend Brandon (aka Magnus the Entertainer) met at the Delonis Center and supported each other in their enterprises as a personal trainer and performer, respectively.

income was limited to workman's compensation. They were evicted at the end of October.

After sleeping in his car for a few weeks — before it was towed away and impounded — Adams started spending the night at the Delonis Center warming shelter. He got a sliding scale membership at the "Y" and declared, "This is like a camping trip — a blessing in my life."

He met Brandon Williams at the shelter and they soon realized that they were on similar paths and would benefit from mutual support. Williams schooled Adams on virtual reality and social media branding for his business. Adams helped Williams with his conditioning, made videos of Williams

performing as Magnus the Entertainer and posted them on his YouTube channel, and they had each other's back.

In February, Adams was starting a weekend janitorial job at the Ann Arbor Y and looking for more work in security. He has experience as a health aide, too, but his record often interferes with some of those opportunities. He hasn't been in trouble for years and qualifies to have his record expunged but hasn't been able to get that done yet. Meanwhile he is building the brand for Anywhere Fitness and looking into completing his degree. He is upbeat and ready to make his life a blessing.

Clarity, commitment and purposeful life changes

I've stared through the eyes of reality and searched my day-to-day life looking for another way. Bound and determined to find it, I realized that I don't have to do wrong to live a good life. I've faced adversity, I've conquered adversity. Yet time brings the unknown and I can only hope to remain the best man I can.

In my past I've made so many mistakes. I've been self-destructive. I've cheated my way through life as if it were my birthright. I have destroyed important relationships, not giving my children a fair chance to know me as a person or father. I've searched many times for a new way, but the more I tried to shoulder the weight of it all, the more I kept coming up lost without a purpose.

Suddenly I had a moment of clarity. As I sat in my room deep in thought journaling, I paused, staring outward towards my environment and I took in the chaos and how it intertwined with my current situation, overwhelmed by it all. I took a deep look inside myself and I knew what I needed to change within myself. I envisioned a way of wisdom for teaching my children, in hopes of them being raised and brought up righteous, respectfully and in truth.



ADAM HARRIS
Groundcover vendor No. 143

In this life I've catered to unstable impulses such as self-medicating and a life of crime. I've suffered many consequences for my actions, such as roaming the streets without a home and even times of imprisonment. So I decided to become a changed man rather than an unchanged one, a conscious man rather than an unconscious one. I began to sort through my options, weighing their pros and cons. I am now willing to go through the changes no matter what the changes may bring.

Yet, who knows what tomorrow might bring? We don't even know what the next moment might bring. I can only hope that I won't just exist as a body of flesh and bone, but as a great man who will leave behind a great legacy.

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Release immigrant detainees to limit the spread of COVID-19

LAURIE WECHTER
Groundcover contributor

The current COVID-19 crisis is posing a particular danger to the immigrant detainees in U.S. Immigration and Customs Enforcement (ICE) detention centers and in local jails on contract with ICE. Ann Arbor's Interfaith Council for Peace and Justice is sponsoring a local and statewide letter-writing campaign to seek the release of immigrant detainees. The letter, below, is instructive in itself. If you are interested in forwarding this letter to representatives, the instructions are at the end.

We are calling on you to slow the communal spread of COVID-19 by immediately effecting the release of

immigrant detainees from Michigan jails contracted with ICE. These immigrants are mostly non-criminal detainees and pose no danger to society. This action on your part will also protect the jail staff and the community at large from the COVID-19 contagion. This request is congruent with Governor Whitmer's recent Executive Order No. 2020-29, which provides for the early release of individuals who do not pose a public safety risk.

Jails combine the worst aspects of a cruise ship and a large public gathering and, thus, are the perfect environment for the spread of COVID-19. This is true among not only the detainees but also the jail staff and vendors who interact with the outside communities. There are no enforceable standards related to hygiene conditions and medical

treatments in jails. As the logistic constraints in such enclosed environments make social distancing impossible, this effective contagion-preventative measure is rendered moot. The number of COVID-19 cases in Michigan's prison population has doubled in late March 2020.

An open letter signed by over 3,000 medical professionals nationwide has also been addressed to ICE to express their grave concern about a COVID-19 outbreak in jails. When such an outbreak occurs, infections will spread like wildfire in the jails and their surrounding communities. Releasing immigrant detainees is a reasonable preventative step to take, as most have homes and families to which they can return and where they can safely shelter in place.

We know how seriously you take your

duty to protect the lives of people living and working in the jails and the surrounding communities. The health, well-being and indeed the lives of these people are in your hands. We urge you to take immediate, decisive action now to save lives.

The letter can be found at icpj.org/. Please email the text of the letter, separately, to:

- Your local Congressional Representative. Find yours at www.house.gov/
- Senator Gary Peters at www.peters.senate.gov/contact/email-gary
- Senator Debbie Stabenow at www.stabenow.senate.gov/contact
- Governor Gretchen Whitmer at sombgovweb.state.mi.us/GovRelations/ShareOpinion.aspx

**MORE PEOPLE
MORE POWER**

Be sure to take the 2020 Census!

Counting everyone in our community means more money for Head Start, SNAP, schools, seniors, health care, jobs, infrastructure, and more.

washtenaw.org/2020census

Sponsored by TheRide



Dancing and fiestas prevail in modern Cinco de Mayo celebrations in the United States, but in Mexico it is a minor holiday commemorating Mexico's victory over France in the Battle for Puebla on May 5, 1862.

Cinco de Mayo in a time of coronavirus pandemic

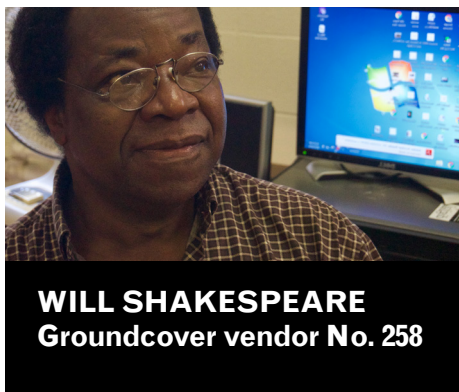
Cinco de Mayo 2020 will not be a celebration as we've known it. At best, it will be a low-key virtual celebration in North America, Europe and Southeast Asia. The coronavirus crisis around the world today makes it difficult for any form of celebration to take place.

Social distancing is now legally mandated in various states and communities. Public health experts and our government leaders advise us to observe six feet of physical distance from each other; wash hands regularly for 20 seconds; stay at home if one is sick; cover coughs and sneezes; wear a face-mask if you are sick; avoid touching your eyes, nose and mouth; clean and disinfect frequently touched surfaces; and always avoid close contacts. Not an environment for public festivities!

We pray for a COVID-19 vaccine to be developed sometime soon. As of late-April, over 225,000 lives have been lost and more than two million people have been infected globally. Let us hope that this pandemic will not be as bad as the Spanish flu of 1918-1920, which killed more than 50 million people worldwide.

Now, let us turn our attention to Cinco de Mayo and the implications for Mexican-American culture, heritage, history, civil rights and democracy. This year's Cinco de Mayo is Tuesday, May 5.

Cinco de Mayo, also known as the Anniversary of the Battle of Puebla, represents Mexico's victory over France on May 5, 1862. A ragtag Mexican army of about 4,000 troops fought against 8,000 highly trained



WILL SHAKESPEARE
Groundcover vendor No. 258

and experienced French forces in the city of Puebla. Like the biblical story of David and Goliath, the short-handed Mexican forces scored an improbable victory and forced the French forces to withdraw from the battlefield.

The reason for the Battle of Puebla was mostly financial. After Mexico's War of Independence against Spain (1810-1821), the Mexican war against America (1846-1848) and the Mexican Reform War (1858-1861), the nation found itself in big financial trouble — she was bankrupt and owed money to Spain, Britain and France. Through negotiations, Mexico was able to persuade Spain and Britain to withdraw their Naval Forces from Mexico.

France, however, refused to negotiate with Mexico. Instead, French forces were ordered to attack Puebla with 8,000 men. The French soldiers lost that battle. Historians say that while the victory was symbolic, it bolstered the Mexican resistance movement. Within months, the French army reorganized, returning with over 30,000 troops and occupying Mexico for about five years. Mexico's

president, Benito Juarez, was forced to leave Mexico City and go into exile. Napoleon III installed Maximilian, the Duke of Austria, as the Emperor of Mexico after the second wave of French soldiers overwhelmed Mexican forces.

Shortly after the American Civil War (1861-1865), the U.S. government sent military support to Mexico. Victorious American Union generals threatened France with a massive naval attack if they did not leave Mexico. The French, who were also facing several military and political confrontations with Spain and Britain, chose to withdraw.

Mexico's troops eventually defeated Emperor Maximilian and the French army in 1867. The victorious troops were greeted with spontaneous cheers and loud applause, especially when President Juarez and his exiled government marched back into Mexico City on June 5, 1867.

Across Mexico and California, President Juarez was described as a war hero. Led by Juarez, the Mexican troops executed Emperor Maximilian when they arrived in Mexico City. The Mexican resistance movement and victory brought renewed patriotism, pride and a sense of unity to the Mexican people, Mexican Americans in California and other Latinos residing in the United States.

Historian José Antonio Burciaga, writing in the Bandera News of May 2007, observed the following about Cinco de Mayo sentiments:

"This victory gave Mexico an electric current of patriotism and inspiration. It gave Mexico a soul of her own

and national unity. This is why Cinco de Mayo is almost as important as September 16, Mexico's Independence Day."

Civic lessons of Cinco de Mayo

Many Mexican-American historians, journalists, and writers such as Justo Sierra Mendez have speculated what would have happened to the American body-politic and democracy if Mexico had lost the battle of Puebla on May 5, 1862. The theory is that if France had won the battle, it would have then attempted to help the southern confederacy in the battle between Union and Confederate soldiers of the Civil War.

Burciaga said that in 1862, "General Robert E. Lee was winning battles for the South. Had France won at Puebla, it would have joined forces with the South and easily convinced England to help free the Southern Ports from Union Blockade." Burciaga continued, "Louisiana had been French. France and England had wanted to paralyze the United States expansion into Latin America."

It was never a secret that Napoleon III had a dream of building an empire in Mexico. Cinco de Mayo, and the subsequent Mexican resistance movement thwarted those dreams and ambitions. UCLA Historian and Professor of Medicine, David E. Hayes-Bautista said that Cinco de Mayo was "a battle where the forces of freedom and democracy had prevailed over the forces of slavery and

CINCO DE MAYO page 9 ➡

Food Gatherers provides essential food and information during COVID-19 crisis

LAURIE WECHTER
Groundcover contributor

Food Gatherers was created by Zingerman's Delicatessen in 1988, becoming Michigan's first food rescue operation. Today, Food Gatherers is a separate non-profit that is the food rescue and food bank program serving Washtenaw County. This life-saving organization partners with 170 agencies and programs to provide direct food assistance to low-income adults, seniors and children in Washtenaw County.

Food Gatherers and many of its partner food pantries are remaining open to distribute crucial food to the community during Michigan's Stay-At-Home order.

According to CEO Eileen Spring, "Food Gatherers is an essential business and critical part of the community safety net, so we have remained open and distributing food throughout Washtenaw County since the onset of the pandemic." She added that because of the spread of the coronavirus, "our food distributions have changed from focusing on fresh produce and protein to boxed, non-perishable items supplemented with dairy and produce if possible." The Delonis Center, which houses the Food Gatherers Community Kitchen, continues to serve meals but has switched to a "to go" model.

Spring reported that Food Gatherers' partners are reporting increases in needed food "ranging from 30-300%, not only from beneficiaries already being served at the inception of the Stay at Home order." They are "now seeing individuals and families newly

impacted by unemployment — folks who have never used a pantry before."

The Michigan Department of Health and Human Services recently announced a new program: Pandemic EBT. The Pandemic Electronic Benefit Transfer Program, or P-EBT, provides temporary funding to address emergency food needs for families affected by the COVID-19 pandemic.

P-EBT food assistance benefits will go to Michigan families with students ages 5-18 who are eligible for free or reduced-price school meals. This includes families currently receiving Food Assistance Program benefits, as well as those not currently enrolled in the program. No application is necessary for eligible families to receive P-EBT benefits.

Regarding Food Gatherers' volunteer situation, Spring said "We have canceled all volunteer shifts at our warehouse and are hosting a limited number of volunteers at our Community Kitchen in order to be compliant with the social distancing and stay-at-home order." This temporary loss of volunteer support represents almost half of the organization's work force. "Without our usual volunteer cohort, our warehouse and volunteer staff have been very busy sorting, packaging and distributing food."

On a higher note, Spring added that "The National Guard has been deployed to support our warehouse operations. We have 10 guardsmen working with us all day, Monday-Friday, until May 1. We plan to resume our volunteer shifts, taking into account public health guidelines, as soon as possible.

Food banks are essential service providers.

Food Gatherers has expanded our food distributions to help feed those in need.

We regularly update our website with news and services related to the state of emergency and COVID-19.

Learn more. Access food. Make a donation to support our efforts.
www.foodgatherers.org

Groundcover Vendor Code

While Groundcover News vendors are contracted self-employees, we still have expectations of how vendors should conduct themselves while selling and representing the paper. Every vendor reads and signs this code of conduct before receiving a badge and papers. If you discover a vendor violating any tenets of the code, please contact us at contact@groundcovernews.com or 734-263-2098 and provide as many details as possible. Our paper and our vendors should benefit our county. All vendors must agree to the following:

- Groundcover News will be distributed for a voluntary donation of \$2, or the face value of the paper.
- I agree not to ask for more than face value or solicit donations by any other means.
- I will only sell current issues of Groundcover News.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
- I will wear and display my badge when selling papers and refrain from wearing it or other Groundcover gear when engaged in other activities.
- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from other Groundcover News vendors, especially vendors who have been suspended or terminated.
- I agree to treat all customers, staff and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover News.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner policy.

food gatherers RESOURCE INFORMATION

FOOD
Anyone in need of food can visit foodgatherers.org/needfood or call 734-761-2796 to find local food and meal distribution sites. Information and updates on SNAP benefits can be found at foodgatherers.org/snap.

DONATE
Monetary donations can be made online at foodgatherers.org/donate or by calling 734-761-2796. Food donations of non-perishable items are also being accepted. More information is available at foodgatherers.org/givefood.

PPE
Food Gatherers and Michigan Medicine are partnering on a donation drive for non-perishable food and PPE. Donations are currently accepted on weekdays and Saturdays from noon to 5 p.m. at U-M's North Campus Research Complex, located at 2800 Plymouth Rd, Dock 90. Help spread the word!

VOLUNTEER
To volunteer for Food Gatherers, one must complete a volunteer registration on the website (foodgatherers.org). Notifications will be sent when shifts are available.

INFO@FOODGATHERERS.ORG 734-761-2796 WWW.FOODGATHERERS.ORG

Prison psychiatric deficiencies and how you can help

AARON ST. GERMAIN
Prison correspondent

Help for the mentally ill in prison is seriously lacking. I suffer from mental disorders and after six years in prison, I'm no closer to fully understanding my psychological disorder than I was when I arrived.

After my first prison suicide attempt, they kept me in a suicide cell for three weeks with nothing but a suicide suit (commonly referred to as a turtle suit) and a suicide blanket and peanut butter sandwiches for every meal, because the prison I was in did not deal with mental health issues. It had only one inept psychiatrist, for emergencies only. Then I was transferred to a level-five maximum security prison where I waited another two weeks for the completion of an evaluation while I was still on suicide watch.

The evaluation consisted of simple-minded , to-the-point verbal questions:

Do you hear or see things that other people cannot? (Yes)
Are you suicidal? (Obviously)
Are you self-injuring? (Again, obviously)
Are you addicted to any illegal substances? (Yes)
What feeling do you have most of the time? (Hate)

Oh, you have borderline personality disorder, polysubstance dependence, mood disorders unspecified and ADHD. We are gonna put you in a mental health unit at another prison. Interview over.

That was five years ago, and I still have no counselor to talk to. Instead, there is one visit a month

that is supposed to last 20 minutes but is just the following questions, every session:

Are your meds working?
Are you suicidal?
Are you homicidal?
Are you self-injuring?
Any problems with your bunky [cellmate]?

Never once am I allowed to express how:

- alone and isolated I feel;
- I feel I've been abandoned and forgotten and how full of hate it has made me;
- I feel that at any moment I'll mentally implode and collapse on myself;
- I'm afraid to reach out and connect with anyone anymore;
- I crave to be liked and loved but sabotage it because distrust wins out;
- I feel worthless and like a failure because even if I get out at my first opportunity, I'll be 30 years old and have spent 17 years locked up.

These are the thoughts I have every day!

To me, people who read about prison reform and the mistreatment of prisoners but do nothing to make it better are just indulging in an almost morbid curiosity. There are so many inmates who need help and so many ways you can help them.

1. Find a pen pal on any of the pen pals-for-inmates websites, and write someone an encouraging letter. (Put the return address on the letter!) Most of us are just looking for a friend to encourage us.
2. Share about prisoner mistreatment with your book club, church group or other social group and use that as a starting point to rally others to advocate and protest for prisoners' rights.
3. Volunteer your time at county jails to conduct religious studies, AA or NA meetings or other activities.
4. Donate books to your county jail or local prison. Inmates love reading books to fill our empty time. (Check first on the regulations and restrictions imposed by the recipient facility. Sex, violence, gun or weapon creation or care, drug promotion, and satanic content are generally forbidden.)
5. Support the University of Michigan Prison Creative Arts Project. Some inmates make most, if not all, their money from the art work they sell through the PCAP shows. (See the article below about the 25th Annual PCAP Exhibition.)

These are just some of the ways you can help. If you are not part of the solution, you are part of the problem. According to Dante, the deepest pits of hell are reserved for those who remain neutral during times of moral crisis. If you actually care about prison reform, do something to help. As we say in prison, "Don't talk about it, be about it."

Prisoner Creative Arts Project's 25th Annual Exhibition goes online

LAURIE WECHTER
Groundcover contributor

This spring, the Prisoner Creative Arts Project is celebrating its 25th annual exhibition of art by Michigan prisoners. Since its founding in 1996, PCAP has become one of the largest exhibitions by incarcerated artists in the world.

The show, which was slated for March, has been postponed due to the COVID-19 pandemic, but an online preview, with a limited number of works, is now available. PCAP is exploring several options to reschedule the show at a later date.

"This year there are many new artists, and artists who have exhibited for a few years and are achieving new levels of excellence. It is a continuous process that keeps the exhibit fresh and exciting," said senior curator Janie Paul, who started the annual exhibition in 1996 with her husband and PCAP co-founder, Buzz Alexander.

The exhibition features a broad array of media and subject matter. About 40 University of Michigan volunteers, led by Graham Hamilton, PCAP's Arts Programming

Coordinator, drove 3,800 miles to 26 prisons in the state in search of the best works of art created by prisoners.

When selecting pieces for the show, these travelers look for originality based on artistic vision.

"I am always so impressed with what the artists bring to share — and always so enlivened by what they have to say," Hamilton said.

Artists cherish their art materials and find inventive new ways to work with them. Viewing all of the slides from the show, one notes visual themes with both literal and metaphorical meanings. There are countless depictions of home, natural environments and fantasy landscapes. There are beautifully wrought ferocious animals, skeletons, portraits of people with organs and muscles emerging from their bodies, disembodied eyes with falling tears, devils, Jesus on the cross and voluptuous women and men.

Openly or through insinuation, these pieces reflect dreams of peace, privacy, purity and freedom. Violent images can be the outward face of impotence and helplessness. Also common to many pieces is the



Using only recycled materials, Robert Holliday created Truck and Cars. He used cardboard cracker boxes, toilet tissue wrapping, small bits of fabric, potato chip bags and more. "I can use pretty much all the materials that can hit the garbage can," said Holliday in an interview with Nora Kinitzky of PCAP. "This way I can help save the landfill and the environment as well. ... This show allows us to get a break from the dreary environment we're in. There is nothing compared to getting mentally free. And mentally, we're not here when we're working for this exhibition."

juxtaposition of poor choices made in the past and opportunities for change in the future; representations of heaven and hell at war within the artist.

These themes are not unknown. We see the demons, the goodness, the helplessness and the choices,

regrets and also the injustices inherent in being behind bars. Prison artists have a lot of time to look at their lives and portray what they learn and feel. These self-revelations are instructive to all and thus resonate-

Continued next page ➡

Sudoku

★★★★☆ 4puz.com

4		3		8	7			
9				3		8	4	
6					1			
8	3	9				4		
1								8
		4				9	3	7
			8					5
		4	2		1			9
				6	5		2	4

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

➡ CINCO DE MAYO from page 6

oligarchy." Dr. Hayes-Bautista insists that the roots of Cinco de Mayo are on the civic questions of freedom, democracy, and social justice — not so much on celebration of Mexican culture and heritage.

In his 2009 book titled, "Cinco de Mayo: The Real Story," Hayes-Bautista observed that modern America's focus on Cinco de Mayo celebration started in the "Free State" of California in 1863.

As the story goes, "When Mexican miners got the news of the victory against the French in the Battle of Puebla, they were so overjoyed by the news that they spontaneously fired off rifle shots and fireworks. They sang patriotic songs, and made impromptu speeches."

It is prudent to remember that widely celebrated though it is, Cinco de Mayo is not a national holiday in Mexico or in the United States. Like St. Patrick's Day, Cinco de Mayo is celebrated more intensely in North America than in the nation of origin.

For Hayes-Bautista, the celebration of Cinco de Mayo is forever tied to the fight for freedom and democracy during the bloody Civil War. When asked by The New York Times about the best way to improve Cinco de Mayo for future generations, Hayes-Bautista answered, "Partying could still play a role, but let's bring it back to its roots as a civil rights and social justice commemoration." Viva Cinco de Mayo!

➡ from previous page

with any viewer.

The tour and slides are such a gift at a time when we are all searching for reasons to be optimistic. One looks forward to a future when we will all have a chance to view these works in person. It will be great to use all of our senses in appreciating these works and seeing how they are curated. It will be a pleasure to see what materials were used, experience their textures in three dimensions and behold accurate colors at actual size.

The 25th Annual Exhibition of Art by Michigan Prisoners is powerful and meaningful to the community at-large and to the incarcerated people who make these amazing pieces of art. Creating art transforms the artist not only



As A Man Thinketh, So Shall He Do! by Darius M. White

through the making of beautiful works. A new sense of self can emerge through the thought, focus and soul-searching that making art demands. This preview and coming show are significant, not only to these prison artists, but to all of us in this community. The link is lsa.umich.edu/pcap. Go there!

So We Gather

Tracy Bennett and Victor Fleming

ACROSS

1. End users of Green Pawz merchandise
5. Gomer Pyle's version of "Golly and wow!"
11. Spanish custard
15. Baseball's ___ family
16. It's shattered and tattered at a fiesta
17. Malek who played Freddie Mercury
18. Suit for multiple parties?
20. Multiuser operating system family
21. Hawkins of a Dogpatch family
22. Roth ___ (investment): Abbr.
23. Mr. B's boogie-woogie instrument
24. Something that may give you gas?
28. Explosive letters
30. Count on your fingers?
31. Powder base
32. Joey's name in the Hundred Acre Wood
33. Barked, in the funny papers
36. Comeback Kid's noun or verb
40. Run ___ (embody chaos)
42. Outgoing... and a word that may precede both halves of 18-, 24-, 54- and 66-Across
44. Bitter ___ (hard-to-swallow reality)
45. She represents California's 12th District
47. Leafy greens in curly or dinosaur varieties
49. Dash device
50. "Easy there!"
52. The NFL's Falcons, on scoreboards
53. Angsty musical genre
54. Perception of far out things?
60. Being dragged
61. "Why ___ here?"

DOWN

1. Campaign-funding groups
2. Singer Fitzgerald or Mai
3. Mushroom for a short amphibian
4. Carmichael girl on "Rugrats"
5. Bellanina Day ___
6. Hawaiian Punch alternative
7. Silly bit of clowning
8. Where Foreman and Ali boxed
9. Glass-raiser's declaration
10. "The ___" (2019 Taylor Swift song praised for its "feminist message")
11. Serving of diced peaches and pears, say
12. Polynesian veranda
13. ___ acid (protein building block)
14. Actress-activist Cynthia of "Sex and the City"
19. Mattress brand
23. ___ Alto, California
25. A new one may come via an update
26. Lowdown or scoop
27. iPad and Fire, e.g.
28. Havahart device
29. Alaskan gold-rush city
34. Diana who authored "India: A Sacred Geography," 2012
35. Where visitors can see Diego Rivera's "Industry" murals, briefly
37. Affectedly modest gal
38. Bivalve burrowing in flats
39. Screechy red muppet
41. With "to," over-eagerly obeyed
43. Jai ___
46. "Saint Joan" author George Bernard
48. 69-Across portion
51. Spike-bearing shrub family
54. Club dance style of the 1970s
55. Relation by marriage
56. Fuel and prod, as a campfire
57. Nobles of Bahrain and Kuwait
58. Perspectives
59. Apex predators of the sea
63. Magic dragon in a 1960s folk classic
64. "Buy It Now" site
66. Syrup, once
67. Grab right quick
68. Weep

FIRST BAPTIST

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DO JUSTICE. LOVE KINDNESS. WALK HUMBLY WITH GOD.
—MICAH 6:8

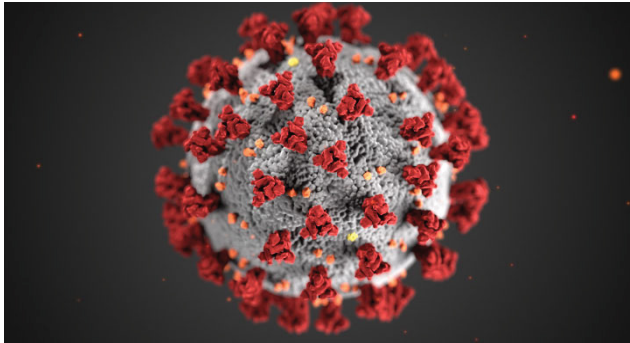
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HUNGER MEAL - TUESDAYS 5:30PM

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Resources and Emergency assistance during COVID-19 pandemic

Shelter and sanitation

For **urgent housing needs** call HAWC: 734-961-1999, M-F 8:30 a.m. – 5 p.m. Those with no phone access can email HAWC_Washtenaw@usc.salvationarmy.org. Weekend and evening emergency shelter needs are best addressed by contacting or visiting the Delonis Center, 734-662-2829, 312 W. Huron St., Ann Arbor.

Tent encampments will not be removed unless they pose a risk to the public. Washtenaw County Parks has porta potties at County Farm Park, Swift Run Dog Park, Parker Mill, Rolling Hills and Independence Lake — all equipped with hand sanitizing equipment. Ann Arbor’s porta potty and hand washing station is by Liberty Plaza. SOS has portable bathrooms outside its two locations at 114 River St. and 101 S. Huron St. in Ypsilanti.

Showers by appointment (Thur – Sat mostly, with occasional Mon – Wed evening appointments). Call or text first, if possible, 734-754-0648. Peace House, Ypsilanti, 706 Davis St, Ypsilanti.

Laundry CLEARLY LABELED with your name and contact info can be left on the porch at Peace House. They will wash and have it available for you to pick up. Or you can arrange pickup and delivery. Call or text first, if possible, 734-754-0648. 706 Davis St, Ypsilanti.

Drop in to use house service and amenities Tue – Fri 10 a.m. – 5 p.m., MISSION Hill (Purple) House, 3501 Stone School Rd., Ann Arbor.

Government Funds

Stimulus checks

Non-tax filers need to file a simple tax return to receive a stimulus payment. No income necessary! The link for filing is: <https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>. If possible, include a bank account for Direct Deposit.

If you need to file a regular return, the United Way suggests using Credit Karma, easy-to-use free online software for tax preparation, or visiting the IRS Free File website which lists various options for free tax filing options online.

Unemployment

The State Unemployment Office is extending benefits to workers who are sick, quarantined or taking care of family members who are ill. Self-employed workers and independent contractors also now have access to benefits! No documentation is needed for the minimum payment (\$150 per week from Michigan and, through July, an additional \$600 per week from the federal government). Appeal or file again if you were rejected. A simpler form, PUA, is now available.

New unemployment filing schedule:

To file online: Last name beginning with A-L file claims on Mon, Wed and Fri. People whose last name begins with letters M-Z file claims on Sun, Tues, or Thur. Saturdays for all.

File by phone at 866-500-0017, 8 a.m. – 5 p.m. Last names beginning with A-L call on Mon and Wed, Last names beginning with M-Z call on Tues and Thur. Fridays are open for all.

Detailed instructions on filing in Michigan are available on the state unemployment website. File a new claim for unemployment benefits by visiting: www.michigan.gov/UIA

Utilities

Utility shutoffs and evictions are halted. For payment assistance for DTE due to loss of income or medical condition, contact 1-800-477-4747.

Medical care

Hope Clinic — Call for screening and appointment 734-484-2989
Corner Health Center —734-484-3600
Packard Health —734-926-4900 (Ann Arbor West); 734-971-1073 (Ann Arbor East); 734-985-7200 (Ypsilanti)

For **mental health** needs, call Washtenaw County at 734-544-3050.

Food

Benefits

Michigan suspended work requirements for SNAP/FAP (food stamp) benefits. Everyone who is eligible for FAP now receives the maximum amount for their family. The money is supposed to show up automatically on EMT/Bridge cards. Families with children eligible for free or reduced school lunches automatically receive \$114 extra per child each month.

Meals

Take-away breakfast is available at St. Andrew’s Episcopal Church every morning from 7:30–8:30 a.m., 306 N. Division, Ann Arbor.

Weekday lunch at noon and dinner 5:30 pm, weekends single meal at 2:30 pm at the Delonis Center, primarily for take-away, 312 W. Huron St. Ann Arbor.

Hope Clinic has hot meals-to-go in the evenings on Sat, Sun, Mon and Thurs at 5 p.m., 518 Harriet St, Ypsilanti.

Mercy House brunch to go starting 10 a.m. Saturday mornings. 805 W. Huron St., Ann Arbor.

Peace House Ypsi delivers Sunday brunch — one bag per household/-campsite. Call or text to make arrangements, 734-754-0648. “To go” brunch at the house at 10 a.m., first-come first-served, for about 20 people. 706 Davis St., Ypsilanti.

The MISSION Hill house delivers Sunday dinner to those in need. Contact Cameron at 734-678-6394 or Brian at 734-216-5166 in advance.

Community food distribution sites

Food Gatherers — Go to www.foodgatherers.org/needfood to view Food Gatherers’ up-to-date list of pantry locations.

SOS — Tuesday 1–6 p.m. and Wednesday 9 a.m.–1 p.m. Bagged groceries, 114 River St., Ypsilanti.

Peace Neighborhood Center — produce distribution on Fridays 10 a.m. – noon at their main location (1111 N. Maple Rd., Ann Arbor).

Hope Clinic — emergency groceries available (518 Harriet St., Ypsilanti).
Community Action Network’s Bryant Community Center Market (3 W. Eden Ct., Ann Arbor, MI 48108) is open to all Washtenaw County residents, Mon – Fri 10 a.m. – 4 p.m.

Faith in Action — curbside food service at both of their pantries. Call 734-475-3305 (Chelsea) or 734-426-7002 (Dexter) before you arrive.

Peace House Ypsi — One box of groceries per household/campsite, as available. Pickup or delivery. Call or text to make arrangements, 734-754-0648.

Phone and Internet

Cell service: U.S. Mobile has configurable packages at very reasonable rates.

Internet: Xfinity and AT&T hot spots are free, but if you can’t access them from your home, Comcast and Charter Communications offer free internet access to low-income families. Internet and cable will not be suspended.

Local shopping while social distancing — produce, seedlings and seeds direct from the farm

SUSAN BECKETT

Farmers and wholesalers pivoted to direct-to-consumer sales due to the COVID-19 disruption of businesses and restaurants. Some, like The Farm

on Jennings, adjusted their crops, swapping out flowers in favor of vegetable “essentials.”

Although farmers markets, nurseries and garden centers are subject to closure, garden starts and fresh produce

are still available locally, though pre-ordering and contactless pickup or delivery are often required, and high demand can limit choices.

For those without transportation, the People’s Food Co-op, Argus Farm

Stop on Liberty Rd. and Frog Holler Produce in Ann Arbor, and the Ypsilanti Food Co-op are options for many items.

Produce

White Lotus Farms

Order in advance for pickup. Farm-grown produce and products from other local businesses and restaurants, take-away only. Baby goats available for petting.

Farm cart Wednesdays 9 a.m. – 1 p.m., Saturdays 8 a.m. – 2 p.m.

7217 W. Liberty Rd. Ann Arbor, MI

white-lotus-farms.myshopify.com

Robin Hills Farms

Nature trails and locally sourced food and beverages, take away only, for now.

Thursday 4-9 p.m., Friday 4-9 p.m., Saturday 12-9 p.m.

20390 Stockbridge Chelsea Rd.
Chelsea, MI 48118

robinhillsfarm.com

Tantré Farm

Some spinach, maybe rhubarb, asparagus, herbs. Email info@tantrefarm.com to let them know you are coming and find out what is on hand.

2510 Hayes Rd, Chelsea, MI

Call 734-475-4323 or visit tantrefarm.com

Fusilier Family Farms

Offers eggs, apples, potatoes, onions, ground beef and seasonal produce. Manchester location offers text-to-pickup.

Open: Daily 9 a.m. – 6 p.m.

Two locations:
20000 Sager Road, Chelsea, MI
16400 Herman Road Manchester, MI

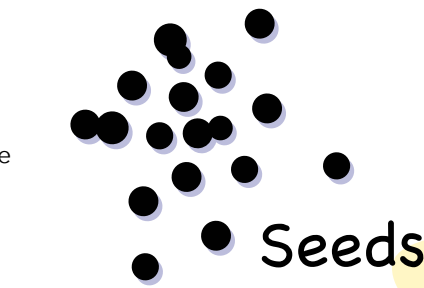
734-680-5379

Garden Works

CSAs of varying durations starting in May. For the general public, seasonal flowers and one-time produce: A selection of spring produce, mostly salad greens, available for pickup on the farm on Saturdays. Order by Thursday night for a Saturday box.

1205 West Joy Road
Ann Arbor, MI 48105

localharvest.org/garden-works-M5602



Seeds

Nature and Nurture Seeds
order online for delivery (heavy demand)

Open-pollinated or heirloom
Organic or sustainably grown

Public domain (no GMOs or F1 hybrids) – so you can save your own seeds!

Locally trialed for great taste, vigor and yield

<https://natureandnurtureseeds.com/>



Frog Holler Farms

The area’s original organic farm is implementing online pre-ordering of organic vegetable seedlings and produce at froghollergardenclub.square.site, with pickup at their Brooklyn farm and delivery options in Ann Arbor being developed in accordance with the Governor’s orders.

Farm:
11811 Beech Rd.
Brooklyn, MI 49230

froghollerorganic.com
For updates, email kings@froghollerorganic.com

The Farm on Jennings

Flower and vegetable plants as well as seasonal produce, herbs and cut flowers (when permitted). Taking email/phone orders for produce with no-contact pickup at the farm, as well as selling through Whitney Farmstead and Argus Farm Stop, and soon at the Ypsi Market collective.

6900 Jennings Rd.
Ann Arbor, MI 48105

Call 847-922-9693 or visit thefarmonjennings.com

Seeds, plants, and produce

Green Things Farm

Has meats, vegetables, seeds and potted plants that can be ordered online for pickup at their farm stand or delivery within a 5-mile radius

Pre-orders only, by 2 p.m. on Tuesday for pickup Wednesday, or Thursday night for pickup on Saturday 10 a.m. -2 p.m. Stand open June-September

3825 Nixon Rd
Ann Arbor, MI 48105

Call 616-85-6907 or visit greenthingsfarm.com



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Full Page	\$495.95	\$669.95	10.25 x 13

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Additional 20% off ads with coupons

Sweet garlic butter-roasted carrots

ELIZABETH BAUMAN
Groundcover contributor

2 lb. bag of washed and peeled carrots
1/3 cup butter
3 T. honey
4 garlic cloves, minced
Scant 1/2 t. salt
Pepper
2 T. fresh chopped parsley



Preheat oven to 425 degrees. Lightly grease a large baking sheet.

Melt butter in a pan over medium heat.

Add honey and stir until completely melted into the butter.

Add the garlic and cook for 30-60 seconds.

Add carrots and allow sauce to thicken while tossing carrots in sauce.

Season with salt and pepper.

Remove carrots and place in a

single layer on baking sheet (be sure to save the extra sauce in pan).

Roast for 20 minutes or until carrots are fork-tender (you may want to turn carrots over at 10 minutes).

When carrots are tender, broil for 2 to 3 minutes on high to crisp edges.

Place carrots back into saucepan and allow to cook another five minutes. Garnish with parsley.

Make plenty — these are a crowd-pleaser.

PUZZLE SOLUTIONS

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C	A	K	E	A	I	R	W	A	R	A	L	F	A
O	W	E	D	P	A	S	S	B	Y	S	Y	F	Y

Bethlehem United Church of Christ

whoever you are, and wherever you are on life's journey, you are welcome here

423 S. Fourth Avenue, Ann Arbor, MI 48104 734-665-6149

Bethlehem-ucc.org [facebook.com/bethlehemuccA2](https://www.facebook.com/bethlehemuccA2)

Bethlehem Church is home of the Groundcover office



MAY 2020 EVENTS AT BETHLEHEM

Bethlehem has cancelled all in-person activities due to COVID-19.

Here are ways you can experience our 10 am worship service on Sundays:

Most Simple - Tune in to our live radio broadcast on WAAM 1600AM.

You can also listen to WAAM on Tune In by following this

link : <http://www.mainstreamnetwork.com/listen/player.asp?station=waam-am&listen=Listen+Live>.

(Click the shiny "play" button on the lower left of the page, ignoring any advertisements.)

· Facebook

Beginning at 9:55 Sunday, you will find our Live Video at Bethlehem's Facebook page: <https://www.facebook.com/bethlehemuccA2>

· Following the service

As always, you can listen to the podcast of our service following worship at the Bethlehem website: <https://bethlehem-ucc.org/> (direct link: <http://bethlehemucc.podhoster.com/>)

Thank you all. We look forward to worshipping together.



Sunday Worship Times

10:00 am Sanctuary

streamed on Facebook

11:15 am Virtual Connect

w/ Ms. Kelsey and Pastor

Lily via ZOOM



St. Francis invites you
to join in Mass by LiveStream:

Spanish: stfrancisa2.com/misa

English: stfrancisa2.com/mass

Regular Mass Times
Mon-Thurs 9:15am

Fri 8:15am

Sat 5pm
7pm (Spanish)

Sun 10:30am

During the LiveStream mass, make a spiritual communion by praying this or a similar prayer:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unit myself wholly to You. Never permit me to be separated from you. Amen.

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